

## GRIEF

READ: ECCLESIASTES 3:1-8; 1 CORINTHIANS 15:26

**G**one. Passed away,"  
Distorted, disturbing words.  
Swallowing back pain  
Stinging eyes, blurred.  
I think of you.

Gone! Stumbling away,  
Heart pounding. I can't talk  
Searching a quiet space,  
To silence my thoughts.  
I think of you.

Gone. I didn't know you  
Your dreams, your hopes  
But your loss rips through  
Deep within my soul.  
I think of you.

Gone. A community mourns  
Praying,  
Broken, torn,  
Jesus binds our wounds,  
We remember you. 🕯️ *Cindy Lee*

*He heals the brokenhearted and binds up their wounds. Psalm 147:3 (NIV)*



- 🔑 Have you suffered a loss in your family, school, or community? Even if you didn't know the person well, like the narrator of this poem, shock and grief can leave you feeling overwhelmed or even numb. This is normal, and it's okay to need time to process. \_\_\_\_\_
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- 🔑 Jesus understands our pain. He wept when Lazarus died, even though He was going to raise Lazarus from the dead that same day (John 11:35, 43-44). How might it give you comfort to know that Jesus grieves with us? \_\_\_\_\_
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- 🔑 As God who became human, Jesus knows the brokenness of the world we live in, and He came to make things right. Jesus has defeated death by dying and rising from the grave, and when He returns, death will be no more (Revelation 21:4). On that day, everyone who has put their trust in Jesus will be raised with Him. Yet, even as we cling to this sure hope, we can also be honest about the pain we're experiencing now. Jesus invites us to come to Him with all our sorrows, questions, frustrations, and fears. In our grief, we may not feel His presence, but Jesus is always close to us. How have you experienced brokenness lately? Consider taking a moment to tell Jesus about what you're feeling. \_\_\_\_\_
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- 🔑 One of the ways God comforts us in our troubles is through community (2 Corinthians 1:2-9). In times of grief, who is a trusted adult you could talk to—such as a counselor, parent, or pastor? If you need someone to talk to, you can set up an appointment for a one-time complimentary phone consultation with a Christian counselor through the Focus on the Family Counseling Service. In the United States, call 1-855-771-HELP (4357) weekdays 6:00 a.m. to 8:00 p.m. (Mountain Time) to set up an appointment. In Canada, book your appointment by calling 1-800-661-9800 between 8:00 a.m. and 4:00 p.m. (Pacific Time) and ask to speak with the care associate. \_\_\_\_\_
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